

**GOVERNMENT OF INDIA
HUMAN RESOURCE DEVELOPMENT
LOK SABHA**

UNSTARRED QUESTION NO:1201
ANSWERED ON:07.12.2015
Yoga as a Compulsory Subject in Schools
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Will the Minister of HUMAN RESOURCE DEVELOPMENT be pleased to state:

- (a) whether the Government proposes to make Yoga a compulsory subject in secondary and higher secondary schools;
- (b) if so, the details thereof; and
- (c) the time by which the said subject is likely to be introduced in the schools?

Answer

MINISTER OF HUMAN RESOURCE DEVELOPMENT
(SHRIMATI SMRITI ZUBIN IRANI)

(a) to (c) As per the National Curriculum Framework (NCF)-2005, Yoga is an integral part of Health and Physical Education at all level of school education. For schools affiliated to Central Board of Secondary Education (CBSE), which has adopted NCERT curriculum and syllabi, Health and Physical Education is compulsory from Classes I to X and optional at classes XI and XII. On the eve of the International Yoga Day, held on 21st June, 2015, NCERT brought out two textual material called "Yoga : A Healthy Way of Living" for Upper Primary (VI to VIII) stage and Secondary (IX & X) stage.
